

SPAN Meeting Minutes
February 11, 2016
Westwood Media Center

Apryl Henry

A welcome to everyone

Reminder of our March Meeting on the policies and procedures for subject and grade acceleration within the PLSAS District with Assistant Superintendent, Jeff Holmberg and former Westwood Principal, Pam Winfield.

Request that anyone who wishes to join the SPAN Board as an Elementary Representative contact Apryl, as we are still looking for additional representation.

Michele Tindal

Stress and Gifted Kids

Introduction

Based off research by Hans Selye, an endocrinologist who studies stress

Stress v. Anxiety

Not all stress is bad where anxiety is commonly believed to be negative

Other resources:

1. Stress Can Really Get on Your Nerves by Romain and Verdick
2. Too Stressed to Think by Fox and Kirschner

Do gifted kids experience more stress?

All kids experience stress

Gifted Kids may have an increase in intensity of feelings of stress

Feelings are more intense

Big Reactions

Bouncing back can be a struggle

Distress v. Eustress (see powerpoint)

12 Distressing Myths

Bad News v. Good News

Physical Reactions

Behavioral Signs

Gifted kids have a higher rate of suicidal thoughts and attempts than their peers

Spiritual Signs

People postpone solving problems/stress for fear-based reasons

First Considerations for parents

- Are expectations appropriate?
- Pay attention to behavior as well as what your child says
- Don't assume all stress is bad
- Learn to understand stress in gifted kids
- Teach by example (role model stress management techniques)
- Take responsibility for stress
- Learn what works for child/family at the moment

Stress in Teens

Watch over-scheduling teens (tough in world today)

Teach Stress Management

- "Just chill" is not enough
- Acknowledge positive ways we can manage stress
- Teach not to ignore
- Incorporate humor (laugh at yourself)
- Use positive self talk (especially important for moms, we are hard on ourselves)

What else helps?

- Listen! Just listen, don't fix
- Have perspective
- Mental rehearsals/role play
- Teach Problem Solving Skills – become your child's partner, NEVER fix everything for them

Teach your children that:

- They can recognize their own stress responses
- They cannot control everything
- Being organized helps reduce stress **
 - MT feels this is the best way to help your child in classroom
 - Help them set up systems and ways which help them – involve them in this process and clearly communicate nonnegotiable behaviors
 - ie. Backpack must be packed before bed/placed by door; but let them pack it
 - or, your room can be messy but laundry only gets done if it is in the laundry basket
 - Do not require them to do as you do or fix everything for them
 - Failing to have things ready causes stress, but also teaches responsibility
- There are things they can do – rest, exercise, etc. – which lower stress
- Minor things should stay minor
- Not all stress is bad

Next Meeting:

March 22 – 7 PM

Process and Procedures for Subject and Grade Acceleration